

Standard Times Midlands VTTA



March 2025





Front Cover:

John Mallen's turbo set up in his lounge @ 6 am for VTTA 10 (usually set up on decking) as the Zwift-ing competition goes international. (See page 16 for more details)

Inside Cover:

VTTA sponsor Tim Wood of Echelon cycles talks about the history of the business as it comes up to its 20th birthday on page 13, &

John Mallen himself on a jaunt—no longer in Smethwick but in Australia.



Contents

Features on Echelon cycles courtesy of Tim Wood, and John Mallen who has returned to racing via ZWIFT & all the news.

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A View from the Turbo Room

Alastair Semple

It is always an uplifting time of year for me, the countryside is springing back into life, the leaf buds are ready to burst, and I only need leg warmers as opposed to heavy winter bib tights when riding outdoors.

There is always a little trepidation too though as my first race nears;

Am I ready?

Can I produce and maintain a reasonable speed?

Will I be able to hold an aero position for the whole race?

Only time will tell. I had two months off the bike before Christmas due to an accident but have spent hours this year on the turbo, so I must be ready? I do always reassure myself that I will need 2 or 3 events just to condition myself and get my race face on. So no pressure hey.

But why do we do it

This question I am asked time and time again by friends and work colleagues when asked how I spent my weekend (in my 'pain cave' in a sweaty mess) and the answer is simple "because I can". It's the challenge, the planning, the sacrifice and fulfilment I feel pushing myself to achieve what to many are unimaginable goals. The dictionary is the only place success comes before work. Hard work is a price we all must pay for success. I hope you too are able to achieve whatever your goals are this year and enjoy the journey you take to get there.

Welcome to our new members

I would like to take this opportunity to welcome into the Midlands VTTA David Conlan, Charles Kitson and Andrew Logie. We look forward to racing alongside you this season.

Midlands Points Series 2025

I am very pleased to confirm that we will be running the Points Series again this year. We are opening it up this year to include all the K course events including hill climbs, 2 up and 4 up events. As the number of events has dropped off slightly, we wanted to ensure this competition was more inclusive and our members had more opportunities to score points this year. I know we have a few new members joining us this year so below is a summary of how the competition is scored. As a rider you do not need to do anything other than ride Open TT events in the Midlands district. Once the results are uploaded, I can then allocate points accordingly. As in previous years thanks to the generous sponsorship from Echelon Cycles and matched funding by the Midlands VTTA there will be £500 worth of prizes awarded to the top 10 riders in the competition. A lovely reward for those who perform well and support our local district events this year.

Points Competition Rules

- Open to all active (paid up) Midland VTTA members.
- Rides in all cat A events (see page 25 for Midland K course events).
- Solo bikes and trikes only (no tandem rides).
- Best 6 rides score – but only 4 rides needed to qualify for awards.
- Competitor's age on the day of the event to be used to calculate Age Adjusted Times (AAT).
- Points score based on AAT for the rider (who is a VTTA Midland member on the day of the event) in each event ridden; and then by ranking those riders 1st to last on AAT.
- Points allocated to be 100 for the last placed rider, 105 to the second-last, and so on up to the first placed rider. For 2 up or 4 up all riders in the team get the same points based on their position.
- To minimise the risk of a tie in the final table each rider will receive one additional point for every event ridden.

2025 Midlands VTTA Championship Events

This year the committee have chosen the following events to contest the Midlands VTTA Trophies. As we have no open 50 mile events in the district we have chosen an open near Monmouth to contest the 50 mile trophies. This event was selected as there was a second event on the same course in September if for some reason the May event was cancelled. Fingers crossed the weather gods will be on our side this year. All the competitions below are based on Age Adjusted Times (AAT) except for the Stoke cup which is based on finishing time.

Birks Cup 15 miles	K47/15 Welland Trophy	5 th Apr
Wells Cup Men 50 miles	R50/1B	10 th May
Victory Cup Women 50 miles	R50/1B	10 th May
Stoke Cup <i>Fastest</i> 50 miles	R50/1B	10 th May
Billy Steer Cup men 25 miles	K15/25	7 th Sept
Bicknell Cup Women 25 miles	K15/25	7 th Sept
Williams Rose Bowl Men 10miles	K48/10 Mids VTTA Champs	6 th Sept
Bart Cup Women 10 miles	K48/10 VTTA Mids VTTA Champs	6 th Sept

Age Awards

The 3 trophies below will be contested on the 13th July K46/10.

Massie Plate fastest on AAT over 65

Jones Cup fastest on AAT 50-64

Nomads Cup fastest on AAT under 50

Season Long Trophies – Best All Rounder

1. Cyclo Shield BOS Men/Women any open 25, 50, 100 miles
2. Godiva Cup BOS Men any 2 open 10 miles plus any 2 open 25 miles
3. Bayliss Cup BOS Women any 2 open 10 miles plus any 2 Open 25 miles
4. Les Lowe Trophy Furthest cumulative distance ridden on Open “K” course events.

So please add these events to your racing calendar and hopefully I will have the pleasure of awarding you with one of these trophies with your name engraved to become part of the Midlands VTTA racing history.

5th April 2024 Awards Presentation

We hope you can come along and join us to celebrate the success of our Midlands VTTA members who were trophy winners, Points competition winners and / or achieved medals for Standards and National Championship events in 2024. The presentation, tea and cakes will be served after the K47/15 open TT from 3:30pm until 5.15pm at the Welland HQ, Marlbank Rd, Welland, Malvern WR13 6LA. To help with catering please drop me a text to confirm how many will be attending from your household on 07955 032010 by 30th March if possible.

We hope you all have a successful season and are able to join us racing in the district at each of the above events and support all of the K course events in your area.

Stay Fit, Stay Fast, Stay on your Bike

Alastair

Trophy Winners

Birks Cup	15 miles	Simon Dighton
Wells Cup	Men 50 miles	Joe Costello
Victory Cup	Women 50 miles	Debbie Sheridan
Stoke Cup	Fastest 50 miles	Tim Wood
Billy Steer Cup	BOS Men 25 miles	Joe Costello
Bicknell Cup	BOS Women 25 miles	Not awarded
Williams Rose Bowl	BOS Men 10miles	Cancelled
Bart Cup	BOS Women 10	Cancelled
Massie Plate	Fastest on AAT over 65	Gary Smith
Jones Cup	Fastest on AAT 50-64	Simon Dighton
Nomads Cup	Fastest on AAT under 50	Kevin Satterthwaite
Les Lowe	Most cumulative miles in Midlands	Ed Moss
Cyclo Shield	BOS,25,50 &100 miles	Andrew Simpkins
Godiva Cup	BOS Men 2x 20 miles + 2x25 miles	Steve Lorraine
Bayliss Cup	BOS Women 2x 20 miles + 2x25 miles	Susan Semple

Points Winners

Joe Costello	1st	£75
Mark Wise	2nd	£70
Leon O'Regan	3rd=	£65
Martin Lines	3rd=	£65
Joe Murray	5th	£50
Alastair Semple	6th	£45
Philip Wooldridge	7th	£40
Gary Shuker	8th	£35
Kevin Satterthwaite	9th	£30
Ed Moss	10th	£25

National Winners

Open 15 miles championships	Silver	Michael Lythgoe
Open 25 miles championships	Silver	Joe Costello
Women's 50 mile championships	Bronze	Debbie Sheridan
25 mile club team	Gold	Mark Hamer, Joe Costello
30 mile club team	Gold	Mark Hamer, Joe Costello
50 mile club team	Gold	Steve Lorraine, Joe Costello
50 mile Regional team	Gold	Steve Lorraine, Joe Costello, & Simon Dighton

Short Distance Midlands

Steve Lorraine	1st
Joe Costello	2nd
Mark Hamer	3rd

3 Distance Midlands

Andrew Simpkins	1st
Emma Bexson	2nd

Standards

10 mile

Debbie Bradley
Peter Horton
Gabriella Mackinnon
Susan Semple
Andrew Simpkins
David Steel
Philip Wooldridge

15 mile

Emma Bexson
Jon Mansfield
Ed Moss
Alastair Semple
Susan Semple
David Steel
Philip Wooldridge

25 mile

Simon Dighton
Peter Horton
Ed Moss
Gary Shuker
David Steel
Philip Wooldridge

Standards

30 mile

Andrew Simpkins

50 mile

Simon Dighton

Gabriella Mackinnon

12 Hours

Peter Horton

Short dist certificate

Joe Costello

Simon Dighton

Mark Hamer

Steve Lorraine

Ed Moss

Alastair Semple

Susan Semple

Andrew Simpkins

Philip Wooldridge

3 Distance certificate

Emma Bexson

Andrew Simpkins

For Midlands races go to the CTT website

<https://www.cyclingtimetrials.org.uk/event-finder>

& then type in Midland District in the keyword filter—that should then show only the K course events this year (with club and open events shown—open events only are summarised on page 25)

Editorial -

Simon Dighton

I am sure like everyone I was shocked to find an e-mail from Eurosport / Discovery + saying that my subscription was going up from £6.99 per month to £31 per month. Cycling has been really good on TV over the last few years – I particularly like the cyclo cross but the road coverage is also great and commentary generally insightful (a bit like Test Match Special on wheels).

I am hoping the bad news about cycling disappearing off free TV screens over the next 12 months can be mitigated slightly. I have cancelled my subscription to Discovery + citing cost as the reason in the drop down box. Immediately one gets the option to resubscribe for 7 months at half the advertised price (£15.50 rather than £31 / month) so I have taken that for now and will then have another go when that runs out – or see whether there are any deals via other providers (which I think there are). Overseas viewers still have much cheaper access which is a good thing as it at least gives cycling more exposure globally but access to this depends on your computer's IP address / having a VPN (although this is much simpler than it sounds).

I have always chosen to exercise when I can and watch others cycle, play football, etc afterwards. Hence as we hopefully come out of the winter I am thinking of the season ahead and both the challenges it brings and the chance to catch up with friends not seen since the last race of 2024. One of my usual goals is the Merlin Classic series but as this is now road bike only I will recalibrate and hopefully instead get a few more Midland rides in.

Editorial -

Simon Dighton

I am going to start the season in Wales with a warm up event (if one can have a warm up in the UK in March – let's see) before the Welland Trophy on the 5th April. Always a good event with an interesting 15 mile course that has the added fun of pitting BMRC against the VTTA. Immediately after the event there will be a prizegiving for all the 2024 standards, cups etc with accompanying buffet so would be great to get a big turnout for both the race and the awards.

The Midlands this year is host to the RTTC National Circuit Championships which is being run by Beacon RCC on the Little Mountain Time Trial course at the beginning of June. Again a superb event – although the course is tough there is plenty to keep the mind occupied with a flattish first lap a hilly second lap & a sense of achievement at the end. The RTTC also split the results for this competition into 5 year age gaps giving recognition to the winner of each section which gives a bit of extra focus.

The following week is a chance for the Midlands to hold onto its team gold in the VTTA 50 – held this year in Sussex so a bit of a jaunt but I intend to race there and hopefully contribute to the Midlands winning for a 3rd successive year.

After that – not so sure yet but will see how the season develops with an emphasis on the Midland cups and a dalliance onto the track (but pursuing rather than the really fast stuff!).

Fingers crossed for some fast and safe riding for 2025 but I must say a huge get well to Debbie Sheridan who crashed on a canal towpath (a Julian Alaphilippe type crash with a huge gust of wind literally picking Debbie up and then dropping her) and has fractured the neck of her femur. It sounds really painful and a massive get well soon from all of us.

Echelon Cycles—Sponsor, shop and race team

Simon Dighton

Echelon are long term supporters of the Midlands VTTA sponsoring the points racing, running a team and generally promoting cycling throughout the Midlands. As Echelon is now approaching its 20th anniversary, I rode down to Pershore & talked with owner Tim Wood about his business and how it all started.

As a starter I have to say this was a genuine treat and privilege for me to spend over an hour simply chatting with Tim. Tim started riding when he was 12 with VC Sevale and spent his time at the back of the pack and being pushed up the hills. In his own words he was very much the slow one of the Group but gradually improved as his passion for the sport grew.

Although he might not tell you himself (Ed- he won't!) he reached an incredibly high level becoming an elite level cyclist and placing 5th in the National 25 mile championships behind winner Stuart Dangerfield but ahead of a strong field including the likes of Matt Bottrill.

Tim started working in a bike shop in Cheltenham combined with competitive racing and then moved to Worcester cycles before a busy year of glandular fever, getting married and opening his own shop in 2005. The glandular fever no doubt restricted cycling and Tim put (& still does) a lot of time into making the bike shop work – which he undoubtedly has given the steady stream of customers coming through the door whilst we are talking.

The shop itself is well stocked, the Ridleys to my eye in particular look fantastic, & there is a pleasant vibe from everyone passing through – all benefitting from being able to talk through the intricacies of the changes required – whether to find a bit more speed or look for a slightly more comfortable ride. The team includes expert mechanic Mike Shepherd who tells it like it is (& an all round harbinger of doom), and Neill Williamson, bike fitter extraordinaire.

The enthusiasm and knowledge from cycling from such an early age is apparent and the passion still shines brightly - & yet well balanced to maintain that sense of perspective that sometimes you are the one being pushed up the hill like when you were 12 & that's alright. This innate sense of balance was illustrated when Tim came 4th in a high ranking event out of a field of about 80 riders. Somebody said to him, seriously, how do you feel with all that effort for nothing (as you didn't podium). Tim however was delighted to be in such a position and be ahead of 76 riders rather than behind 3!

This cycling knowledge is certainly something you can't buy online – you might be able to buy the right metallic part (or not as I have found out!) but the extra expertise and tweak can be worth its weight in gold.

Interestingly Tim is still incredibly quick (sub 50 mins for a 25 miler for example, still winning opens) on a time constrained training schedule as the shop takes up both daylight and evening hours. His aero and bike set up skills maximise his speed. The values of the shop are transparently promoting cycling & racing for the joy of the sport but not being downbeat when things don't go your way combined with being part of a wider community and team – check out the 2 ups!

Running a bike shop is undoubtedly hard work. It is a genuine labour of love rather than a financial reward. As bike riders I feel we should be grateful for businesses such as Echelon who are so generous in sharing their expertise, and as a VTTA rider doubly so for Tim and his team in providing sponsorship.

PS If you have vouchers from last year's point series don't forget to get to Pershore to spend them! & again a huge thank you to Echelon for their sponsorship, & if you fancy a trip to the dark side Echelon are running a 2 day road race on 26 & 27 April.



ZWIFT League

Steve Jenks

Zwift Ten mile TT League

After eight weeks of racing our John Mallen, who is the subject of this magazine profile, emerged second overall in the National standings on age adjusted time. The expected close call with race winner Hugh Davies didn't quite happen as John wasn't able to repeat his exceptional ride of last week with a final average of 19.53 losing out by just 32 seconds on the aggregate of his best four rounds. Sue Semple came 9th with 21.23 followed by Max Hon Chan in 16th in 21.57 Jon Howard was next in 19th in 21.44 and Alastair Semple 26th in 25.03 Mark Wise, Michael Lythgoe, Ian Foster, Leon O'Regan, David Lynes and Adrian Osborn all acquitted themselves well but did not complete the four events necessary to rank. Many thanks to you all for taking part and sharing in it's success. Sixty-one riders competed in the series.



Jon Mallen securing
1st place in Usk in
1982

John Mallen remembers and goes Zwifting

John has the distinction of being our furthest flung Midlands VTTA member – John and his wife Lesley now spend the winter in Australia with his daughter and son in law. Thanks to the ZWIFT series runs by Steve Jenks & Mark Bradley he has returned to the VTTA and to racing. We caught up with John, by e-mail, to learn a little about his background & also to understand how he started the series racing at 2W/kg and is now racing at 3.5W/kg. He recently clocked an impressive age adjusted time of 18.33 for a 10 unsurprisingly winning the race, and over the season John also lost 7kg!

I am sure a lot of John's history will strike chords with our members. John was born in Smethwick in September 1946, learning how to ride with his uncle, a keen CTC member who kept the pedals turning until he was 99. John had racing lurking in his make up & discovered Oldbury and District in 1962 thoroughly enjoying both touring and time trialling.

Racing then was very different – carrying sprint wheels to the race, racing on tubs and fixed gear. John in a pre aero day achieved a 22-07 for 10miles, 56-35 for a 25 and 2-03-10 for a 50 and best placing coming 3rd in the Army 25 mile championships. It is also rumoured he rode the 100 and 12 hour but as a fast man he tries to put those longer efforts to the very back of the memory bank. This is not altogether surprising as being asked to ride a 12 hour for the team, crashing after 8 hours yet still finishing covered in blood, bruises and bits of cycling jersey only to be told his contribution didn't count as 4th team member still haunts him.

Local heroes were June Pitchford, Brian Hayes and further afield Jacques Anquetil, Tommy Simpson and Alf Engers (Alf was the first Brit to go under 50mins for 25 miles). Indeed John rode Mont Ventoux on a heavy mountain bike (big mistake) to pay his respects to Tommy Simpson. I suspect John has been a hero himself as after working in the bike trade and as a postman he moved to working in schools for children with disabilities and subsequently adults with learning disabilities. Here he met his co worker Lesley and together they set up home for 3 people through a scheme called Shared Lives. (Ed - [Shared Lives](#) offers people who require care and support the opportunity to live independently in the community and can be an alternative to living in a care home, housing with care or housing with support.). Known affectionately as 'the Gang' they graced Warwick Roads club and still keep in touch.

The ZWIFting has really allowed John to get more active again. With less interest in other sports (except giving aerobic classes but really making the participants work) and gardening the temptation of Australian steaks and good whisky (and fish if battered in beer) has meant a few pounds have snuck back on despite the sensible suggestions of Lesley. However back to training for racing after 32 years and being hooked by ZWIFT means that the weight has naturally dropped off especially with the longer hilly rides.

The VTTA 5 series was a baptism of fire. It took John a while to appreciate the age degradation but it was well worth it in the end. His heart rate still hit high 170s even 180s with recovery down to mid 50s. John has always favoured quality rather than quantity with speed intervals etc. In his own words 'I tried so hard to win the 10 series for the Midlands but had to bow to the Welsh dragon well done Hugh Davies (Ed - you did us proud).'

ZWIFT has been great value for getting fitter & healthier so in John's words be brave and 'Ride On'.

On the road bike wise John has a Cannondale hybrid in Oz, a carbon road bike 8 speed in the UK, and also a flat bar Marin for the trails such as Tissington and Telford along with Lesley. 'If I'm going out on the bike it's with a saddlebag and a flask and food with Lesley pottering. I feel the effort I put in with the 10 series paid off re fitness, strength, weight control and self satisfaction.'

It seems that the joy brought from cycling permeates into every aspect of John's life. His son in law (also ex Warwicks) likes a fast engine to accompany the 2 wheels. His daughter Joanne works in the motorbike trade as well which means plenty of top quality deals are to be had travelling the world to watch races.

Musically everything except jazz and occasional yearnings for Genesis to accompany the live gigs for Tina Turner, Pink and Robbie Williams. Films are a way of escaping so top of the list is Zulu, Rocky and all things like Lord of the Rings. Reading is on the kindle covering murder mysteries, and more classic books such as Brave New World & The Rugged Trousered Philanthropist.

Cerebral Challenges - Steve Jenks

1. Complete the cycloku by filling in the grid so that every column and every row includes the letters PEDALS

P	S		E		
		E	D		A
			P	E	
	L	D			

2. An Audax rider happens to look at his Garmin (other brands are available) and sees his mileage is 15951 which he was amused to see was a palindrome. Five hours later he's amazed to see his mileage is the next palindrome. What was his average speed.

Interesting thought from Eamonn Sheridan from his experience of occasionally racing in the South—all the events there are known by an epithet— such as Clive's Killer or Pain on Portsdown. A bit like our Banbury Hardrider, Welland Trophy, Diana Cook memorial, Little Mountain etc. It certainly adds some colour to the rides and for me makes them stick a bit longer in the memory bank.

Midlands age records Steve Jenks

There are two versions of Midlands age records.

On the Midlands area of the VTTA site under 'group records'. These are age records set on any course in the country.

If you have your VTTA and CTT accounts linked, these claims will be made for you automatically. You will be notified by email.

Found in the magazine and on the Midlands VTTA Facebook site are age records set only on K (Midlands) courses and will be called Midlands age records (K). For this reason, the only Midland age records are for 10, 15, 25 and 50 miles as these are the only distances available on K open courses. Records are published regularly in our club magazine and are updated on the Midlands VTTA Facebook page. They will no longer be published on the VTTA website on the Midlands News page to avoid confusion. Applications for these records need to be sent to me via VTTA Midlands Facebook message or email along with a link to the appropriate CTT result.

Midland Age Records (K courses)

Mens	10 miles		Year	Time
40	Tim May	Media Velo	2018	20.57
42	Brett Lowndes	Pro-vision Cycle Clothing	2017	21.34
43	Steve Biddulph	Born to Bike - Bridgtown C	2018	21.24
44	Peter Blackwell	Solihull CC	2016	22.26
45	Mark Harner	Stratford Roads CC	2020	22.12
46	Brett Lowndes	Pro Vision RC	2021	21.26
49	Jon Howard	Team Echelon	2018	20.24
50	Paul Westwood	Brereton Wheelers	2023	20.01
51	Alastair Semple	Stafford RC	2019	22.08
52	Jon Howard	Team Echelon	2021	20.22
53	Jon Howard	Team Echelon	2022	20.54
54	Simon Dighton	Beacon Roads CC	2017	22.07
55	Joe Costello	Walsall RCC	2014	20.45
56	Jon Howard	Team Echelon	2023	20.44
57	Mark Wise	Team Jewson/MI Racing	2022	21.06
58	Joe Costello	Walsall RCC	2017	21.29
59	Simon Dighton	Beacon Roads CC	2022	21.25
60	Joe Costello	Walsall RCC	2019	21.16
61	Simon Dighton	Beacon Roads CC	2024	21.24
62	Joe Costello	Walsall RCC	2021	21.53
63	Steve Loraine	Team Swift	2019	22.50
64	Steve Loraine	Legato Racing Team	2021	22.34
65	Joe Costello	Legato Racing Team	2024	21.45
66	Steve Loraine	Legato Racing Team	2022	22.33
67	Steve Loraine	Legato Racing Team	2024	23.39
68	Steve Loraine	Legato Racing Team	2024	22.47
71	Alan Colburn	Worcester St Johns CC	2002	26.05
72	Alan Colburn	Stourbridge CC	2003	24.42
73	Alan Colburn	Stourbridge CC	2004	24.11
74	Alan Colburn	Stourbridge CC	2005	24.10
75	Alan Colburn	Stourbridge CC	2006	24.40
76	Vince Jenkins	Leisure Lakes Bikes.com	2017	24.47
77	Vince Jenkins	LeisureLakesCycles.com	2018	24.17
78	Brian Newton	Team Echelon	2017	24.57
79	Vince Jenkins	LeisureLakesCycles.com	2019	25.33
80	Alan Colburn	Team Echelon Rotor	2011	25.50
83	Norman Fenn	Team Echelon (trike)	2023	37.39
84	David Stockley	A5 Rangers CC	2024	28.45
84	Malcolm Timmis	Bromsgrove Olympique CC (trike)	2024	45.19

Midland Age Records (K Courses)

Mens	15 miles			Time
48	Simon Adcock	Team Echelon	2022	32.33
54	Jon Howard	Team Echelon	2023	33.45
58	Simon Law	Race Rapid	2023	34.32
59	Simon Dighton	Beacon Roads CC	2023	35.16
64	Joe Costello	Walsall Roads CC	2023	34.18
65	Stephen Loraine	Legato Racing Team	2022	37.55
66	Stephen Loraine	Legato Racing Team	2022	36.05
75	Bob Awcock	Born to Bike - Bridgtown C	2019	43.57
77	Bob Awcock	Born to Bike - Bridgtown C	2021	44.54
Mens	25 miles			Time
41	Brett Lowndes	Pro-Vision Cycle Clothing	2016	0.57.24
42	Brett Lowndes	Pro-Vision Cycle Clothing	2017	0.59.35
50	Matthew Moore	Walsall Roads CC	2016	0.55.02
52	Mark Wise	Team Jewson/MI Racing	2017	0.58.55
52	Dave Walker	Worcester St John	2016	0.56.57
54	Simon Dighton	Beacon Roads CC	2017	0.58.31
55	David Scholfield-N	Leisure Lakes Bikes	2017	0.56.00
57	Joe Costello	Walsall RCC	2016	0.53.47
58	Simon Dighton	Beacon Roads CC	2022	0.59.56
60	Joe Costello	Walsall RCC	2019	0.56.48
61	Paul Gould	Midland C & AC	2017	1.06.56
62	Andrew Simpkins	Solihull CC	2016	1.01.34
66	Wayne Baker (trike)	Team Echelon	2023	1.19.27
72	Bob Awcock	Born to Bike - Bridgtown C	2016	1.06.32
73	Alan Colburn	Stourbridge CC	2004	1.04.52
74	Alan Colburn	Stourbridge CC	2005	1.02.44
75	Alan Colburn	Stourbridge CC	2006	1.05.26
76	Alan Colburn	MI Racing	2007	1.01.57
77	Murray Kirton	A5 Rangers	2018	1.09.55
83	Norman Fenn (trike)	Team Echelon	2023	1.50.14
Mens	50 miles			Time
50	Alastair Semple	Stafford RC	2018	1.59.12
53	Simon Dighton	Beacon Roads CC	2016	2.02.35
54	Simon Dighton	Beacon Roads CC	2017	1.59.37
55	Simon Dighton	Beacon Roads CC	2018	1.58.55
56	Joe Costello	Walsall RCC	2015	1.54.03
57	Joe Costello	Walsall RCC	2016	1.56.29
59	Joe Costello	Walsall RCC	2018	1.56.55
60	Joe Costello	Walsall RCC	2019	1.53.43
61	Paul Gould	Midland C & AC	2017	2.23.24
62	Steve Loraine	Team Swift	2018	2.00.45
72	Bob Awcock	Born to Bike - Bridgtown C	2016	2.17.15
74	Bob Awcock	Born to Bike - Bridgtown C	2018	2.17.52
75	Alan Colburn	Stourbridge CC	2006	2.14.26
76	Alan Colburn	Team Echelon/Spiuk	2008	2.15.49
77	Murray Kirton	A5 Rangers	2018	2.18.47

Midland Age Records (K Courses)

Ladies	10 miles			Time
41	Denise Burrows	Aerocoach	2020	23.39
42	Susan Semple	Stafford RC	2008	25.03
43	Susan Semple	Stafford RC	2009	24.42
44	Susan Semple	Stafford RC	2010	25.23
45	Susan Semple	Stafford RC	2011	25.23
46	Susan Semple	Stafford RC	2012	24.24
47	Susan Semple	Stafford RC	2013	23.49
48	Annis Moore	Walsall Roads CC	2016	23.56
49	Lynne Biddulph	Born to Bike / Bridgtown C	2018	23.24
50	Susan Semple	Born to Bike / Bridgtown C	2016	24.00
51	Susan Semple	Born to Bike / Bridgtown C	2017	23.23
52	Susan Semple	Born to Bike / Bridgtown C	2018	23.46
53	Susan Semple	Born to Bike / Bridgtown C	2019	23.20
55	Susan Semple	Stafford RC	2021	24.44
56	Susan Semple	Stafford RC	2022	24.15
57	Susan Semple	Legato Racing Team	2023	24.21
58	Susan Semple	Legato Racing Team	2024	24.02
62	Gabriella MacKinnon	Coventry Triathletes	2023	30.06
66	Deborah Sheridan	Warwicksire Road Club	2023	27.02
Ladies	15 miles			Time
43	Denise Burrows	Aerocoach	2022	38.42
56	Susan Semple	Stafford RC	2022	38.47
57	Susan Semple	Legato Racing Team	2023	38.35
66	Deborah Sheridan	Warwicksire Road Club	2023	41.48
Ladies	25 miles			Time
43	Susan Semple	Stafford RC	2009	1.04.08
44	Susan Semple	Stafford RC	2010	1.06.18
46	Susan Semple	Stafford RC	2012	1.04.48
47	Susan Semple	Stafford RC	2013	1.01.10
48	Annis Moore	Walsall Roads CC	2016	59.02
50	Susan Semple	Born to Bike / Bridgtown C	2016	1.00.38
51	Susan Semple	Born to Bike / Bridgtown C	2017	1.07.06
Ladies	50 miles			Time
42	Susan Semple	Stafford RC	2008	2.27.49
46	Susan Semple	Stafford RC	2012	2.12.20
47	Susan Semple	Stafford RC	2013	2.15.40
52	Susan Semple	Born to Bike / Bridgtown C	2018	2.08.41

One more cerebral challenge

Steve Jenks

Cross out all of the letters that appear more than once to leave, in order reading across each row then down a row, a word that cyclists need.

P	N	A	V	D	Q	B	G
H	R	O	Y	C	N	L	H
O	G	M	H	U	J	O	I
F	C	A	P	N	E	C	K
V	I	D	Q	H	V	Y	V
M	S	W	U	F	H	F	A
P	F	G	B	K	N	A	L
O	L	G	W	D	J	M	T

Solutions to the Cerebral challenges

1.

P	S	A	E	L	D
D	E	L	A	P	S
L	P	E	D	S	A
A	D	S	P	E	L
S	A	P	L	D	E
E	L	D	S	A	P

2. The next palindrome is 16061 so he had travelled 110miles at an average of 22 mph

3.

	R						
				E			
	S						
							T

Midland Races 2025

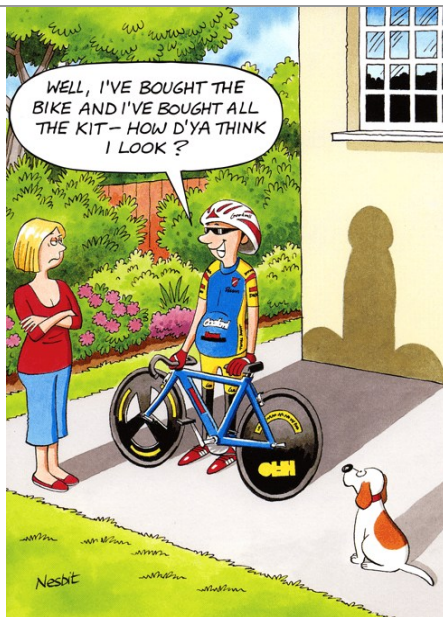
Date	Title	Miles	Course
23-Mar	Banbury Hardriders	21.8	K4/21
05-Apr	Welland Trophy	15	K47/15
04-May	Diana Cook	10	K11/10T
11-May	Royal Sutton	10	K15/10
17-May	Reg Pearce Memorial	10	K48/10
24-May	Aero Coach Road bike	15	K47/15
31-May	Droitwich CC	10	K34/10F
01-Jun	Little Mountain (& Nat'l Circuit Championship)	39	K22/39
07-Jun	Redditch CC	10	K34/10F
08-Jun	WattShop Stage 2	10	K48/10
29-Jun	Hinckley 2up	25	K41/25
12-Jul	AeroCoach Midland Championships	15	K47/15
13-Jul	Wyre Forest	10	K46/10
27-Jul	Rugby CC	10	K11/10T
03-Aug	Shropshire 4 up	31	K52
10-Aug	Eileen Sheridan	10	K11/10T
31-Aug	Leamington C&AC	10	K11/10T
06-Sep	VTTA (Midlands) 10	10	K41/10
06-Sep	Tricycle Association	10	K41/10
07-Sep	Legato Racing team	25	K15/25
07-Sep	Tricycle Association	25	K41/25
28-Sep	Shire Hill Climb	1	KH32/1.4

WE ARE (STILL!) HIRING

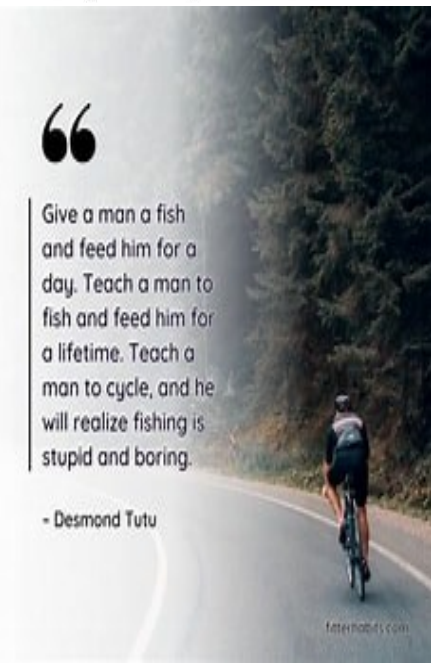
The position of Trophies Secretary involves seasonal work (winter period) with 4 social gatherings a year and one party! The role is simply to ensure all trophies are sent to be engraved before Christmas and available at the AGM in January to be presented. Please contact ascoaching@outlook.com or call 07955 032 010. It would be great to have **YOU** as part of our team.



Fun for Next Season



"I shaved my entire body and spent \$2,600 on lighter bike components. Guess who's riding .04 miles per hour faster now?"



MIDLANDS GROUP V.T.T.A. OFFICIALS 2024

President	Alan Colburn 01886 888575	(Alancolburn@btinternet.com) The Willows, Jury Lane, Martley, WR6 6PE
Chairman/press/ Comms.	Alastair Semple 07955 032 010	(ascoaching@outlook.com) 76 Ascot Road, Stafford, ST17 0AQ
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Group Recorder	Steve Jenks 0121 684 5240	(stevejmo7@hotmail.com) 43, Kimberley Rd., Olton, Solihull, B92 8PX
Membership Sec.	Margaret Colburn 01886 888575	(margaret.colburn20@outlook.com) The Willows, Jury Lane, Martley, WR6 6PE
Trophies Sec.	VACANT	WE NEED YOU!!
Social Secretary	Greta Spiers	(greta.trikie@gmail.com)
Standard Times Editor	Simon Dighton 07534 902443	(sgdighton@hotmail.com) 28 Lightwoods Hill, Smethwick, B67 5EA

**Don't forget to enter Welland and go to Echelon cycles
(especially the points winners with £ to spend!)**



Veterans Time Trials Association

Competitive Cycling for Life

OVER 40? BE YOUR BEST!



Angela Carpenter
VTTA Women's National
Champion at multiple
distances



Andrew Meilak
2021 VTTA Men's
National Champion at
100 miles

If you are over 40 and time trialling is your thing, then join the VTTA.

The VTTA encourages all aged 40 and over to strive to be the best they can.

YOUR best will be recognised.

We have almost 3000 members spread between 16 regional groups to provide UK wide activity. We promote about 100 time trial events a year, including eight national championships from 10 miles right up to 24 hours; we also run three season long national competitions over a range of distances.

The local groups also offer competitions and awards for their own members.

All events and competitions are run on an age handicap system which is gender specific, so women and men of all ages compete on an equal footing and have an equal chance of winning a prize.

Riders can also compete 'against themselves' in individual challenges called 'Standards', in which your performance is compared against previous seasons.

We also manage national and group age records for men and women at the different time trial distances and on velodromes.

Members receive four magazines per year and our annual handbook, either in print or digitally.

Membership fees vary by group (due to varying localised costs and member benefits) but is typically £15 to £20 plus a modest additional optional fee for Standards entry. Most members retain membership of their cycling club whilst a VTTA member, but you can join the VTTA and race with it as your main club if you wish.

Visit us on social media:



**JOIN
US...**

**You can find out more and join
any VTTA Group online at:
www.vtta.org.uk**